

WHAT IS THE RELATIONSHIP BETWEEN TYPES OF DIETARY FAT CONSUMED AND RISK OF CARDIOVASCULAR DISEASE?: SYSTEMATIC REVIEW PROTOCOL

This document describes the protocol for a systematic review to answer the following question: What is the relationship between types of dietary fat consumed and risk of cardiovascular disease?

The 2020 Dietary Guidelines Advisory Committee, Dietary Fats and Seafood Subcommittee, answered this question by conducting a systematic review with support from the USDA's Nutrition Evidence Systematic Review (NESR).

The types of dietary fat that were considered in answering this question include saturated, omega-3 and omega-6 polyunsaturated, monounsaturated fatty acids, and dietary cholesterol.

As described in this systematic review protocol, the 2020 Advisory Committee reviewed evidence on types of fat consumed by adults and risk of cardiovascular disease, published since that considered by the 2015 Dietary Guidelines Advisory Committee. The 2015 Dietary Guidelines Advisory Committee answered the question: What is the relationship between intake of saturated fat and risk of cardiovascular disease? Documentation of the evidence considered by the 2015 Dietary Guidelines Advisory Committee is available in “Part D. Chapter 6: Cross-Cutting Topics of Public Health Importance (page 337-341)” of [their scientific report](#)ⁱ.

The protocol also specifies that evidence on types of fats consumed by children and adolescents and risk of cardiovascular disease, which was not addressed in the evidence reviewed by the 2015 Advisory Committee, was examined in this new NESR systematic review.

NESR methodology for answering a systematic review question involves:

- searching for and selecting articles,
- extracting data and assessing the risk of bias of results from each included article,
- synthesizing the evidence,
- developing a conclusion statement,
- grading the evidence underlying the conclusion statement, and
- recommending future research.

More information about NESR’s systematic review methodology is available on the NESR website: <https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>.

This protocol is up-to-date as of: 4/20/2020.

This document reflects the protocol as it was implemented. It now includes the electronic databases and search terms, and literature search and screening results, including a list of included articles, and a list of excluded articles with the rationale for exclusion.

ⁱDietary Guidelines Advisory Committee. 2015. Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

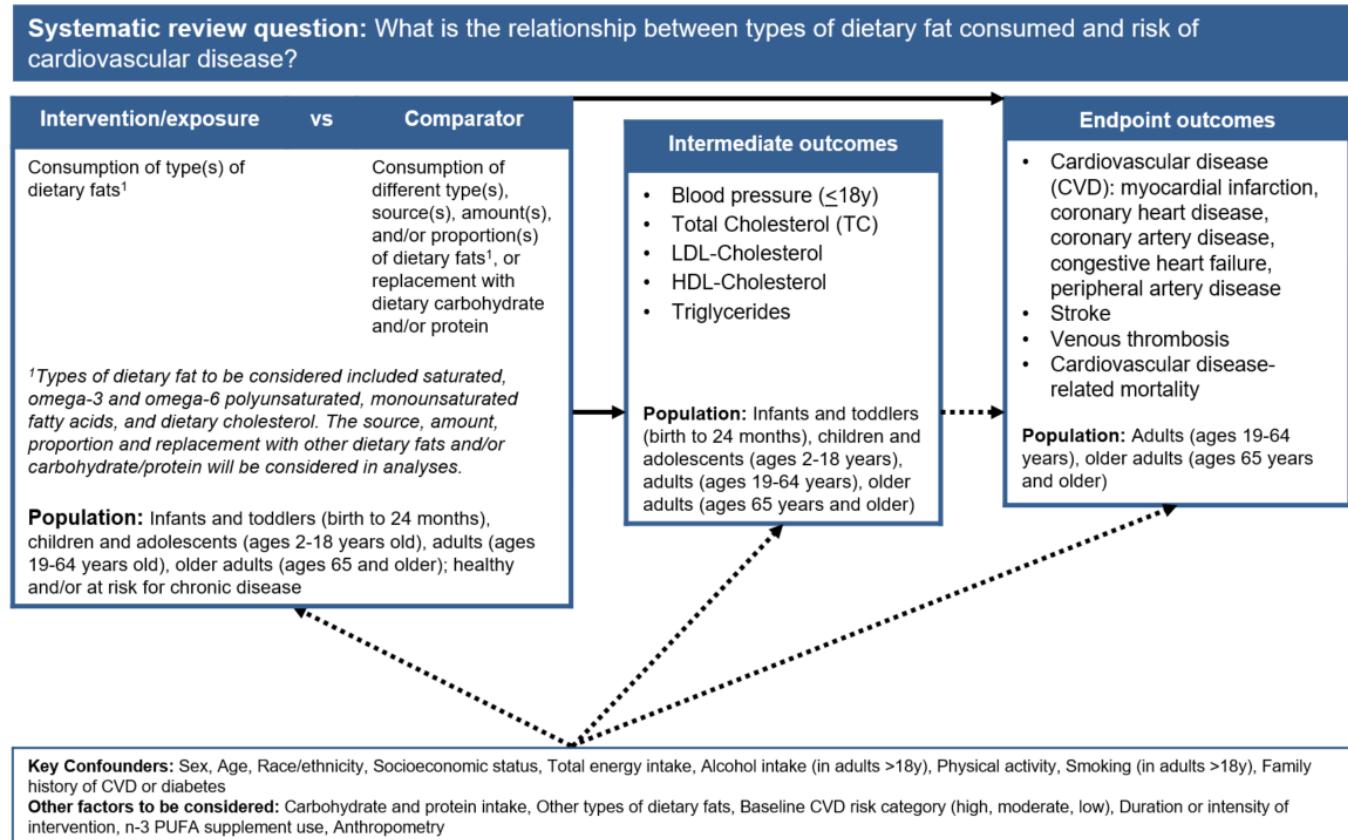
This document includes details about the methodology as it was applied to the systematic review:

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ANALYTIC FRAMEWORK

The analytic framework (Figure 1) illustrates the overall scope of the systematic review, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

Figure 1: Analytic framework



LITERATURE SEARCH AND SCREENING PLAN

Inclusion and exclusion criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are a set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

Table 1. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design	<ul style="list-style-type: none"> • Randomized controlled trials • Non-randomized controlled trials, including quasi-experimental and controlled before-and-after studies • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies 	<ul style="list-style-type: none"> • Uncontrolled trials • Case-control studies • Cross-sectional studies • Uncontrolled before-and-after studies • Narrative reviews • Systematic reviews • Meta-analyses
Intervention/exposure	<ul style="list-style-type: none"> • Consumption of type(s) of dietary fats <ul style="list-style-type: none"> ○ Types of dietary fat to be considered included saturated, omega-3 and omega-6 polyunsaturated, monounsaturated fatty acids, and dietary cholesterol. ○ The source, amount, proportion, and replacement with other dietary fats and/or carbohydrate/protein will also be considered in analyses 	<ul style="list-style-type: none"> • Studies that do not assess consumption of type(s) of dietary fats (e.g., studies that only examined biomarkers for consumption) • Studies that only assess total fat intake or overall macronutrient composition • Studies that only assess <i>trans</i> fat • Studies that examine food products not widely available to U.S. consumers • Studies that exclusively assess intake of fat from supplements or fish oils • Human milk and/or infant formula as the only source of dietary fat • Multi-component interventions that do not isolate the impact of type of fat

Category	Inclusion Criteria	Exclusion Criteria
Comparator	<ul style="list-style-type: none"> Consumption of different type(s), source(s), amount(s), and/or proportion(s) of dietary fats, or replacement with dietary carbohydrates and/or protein 	<ul style="list-style-type: none"> No comparator
Outcomes	<p><u>Intermediate Outcomes (All study designs in children; Interventions only in adults)</u></p> <ul style="list-style-type: none"> Blood pressure (systolic and diastolic) (≤ 18y of age) Total Cholesterol (TC) LDL-Cholesterol HDL-Cholesterol Triglycerides <p><u>Endpoint Outcomes</u></p> <ul style="list-style-type: none"> Cardiovascular disease (myocardial infarction, coronary heart disease, coronary artery disease, congestive heart failure, peripheral artery disease) Stroke Venous thrombosis Cardiovascular disease mortality 	<ul style="list-style-type: none"> Studies that only assess post-prandial lipid levels (i.e., total, LDL-, and HDL- cholesterol, and/or triglycerides) Studies that only assess serum lipid ratios (i.e., TC:HDL, LDL:HDL ratios) Blood pressure in adults (> 18y of age) Intermediate outcomes in observational studies conducted in adults (> 18y of age)
Study duration	<ul style="list-style-type: none"> Observational studies: Any duration RCTs and NRCTs: Interventions ≥ 4wk in duration 	<ul style="list-style-type: none"> RCTs and NRCTs: Interventions < 4wk in duration
Date of publication	<ul style="list-style-type: none"> January 1990 to October 2019 for articles on types of dietary fat consumed by children and adolescents and risk of cardiovascular disease. January 2010 to October 2019 for articles on types of dietary fat consumed by adults and risk of cardiovascular disease.ⁱⁱ 	<ul style="list-style-type: none"> Articles published prior to January 1990 on types of fat consumed by children and adolescents and risk of cardiovascular disease. Articles published before 2010 on types of fat consumed by adults and risk of cardiovascular disease.

ⁱⁱ Note: This systematic review builds upon the 2015 DGAC report that considered evidence in adults preceding January 2010.

Category	Inclusion Criteria	Exclusion Criteria
Publication status	<ul style="list-style-type: none"> Articles that have been peer-reviewed 	<ul style="list-style-type: none"> Articles that have not been peer-reviewed and are not published in peer-reviewed journals, including unpublished data, manuscripts, reports, abstracts, and conference proceedings
Language of publication	<ul style="list-style-type: none"> Articles published in English 	<ul style="list-style-type: none"> Articles published in languages other than English
Country ⁱⁱⁱ	<ul style="list-style-type: none"> Studies conducted in countries ranked as high or very high human development 	<ul style="list-style-type: none"> Studies conducted in countries ranked as medium or lower human development
Study participants	<ul style="list-style-type: none"> Human subjects (male and/or female) Females who are pregnant and/or lactating 	<ul style="list-style-type: none"> Non-human subjects (e.g., animal models or in-vitro models)

ⁱⁱⁱ The Human Development classification was based on the Human Development Index (HDI) ranking (1) from the year the study intervention occurred or data were collected. If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1990 to present. If a study was conducted in 2018 or 2019, the most current HDI classification was applied. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank (2) is used instead.

1. UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: <http://hdr.undp.org/en/data>.

2. The World Bank. World Bank country and lending groups. Available from:

<https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world-country-and-lending-groups>

Category	Inclusion Criteria	Exclusion Criteria
Age of study participants	<ul style="list-style-type: none"> • Age at intervention or exposure: <ul style="list-style-type: none"> ○ Infants and toddlers (birth to 24 months) ○ Children and adolescents (2-18 years) ○ Adults (ages 19-64 years) ○ Older adults (ages 65 years and older) • Age at intermediate outcomes: <ul style="list-style-type: none"> ○ Infants and toddlers (birth to 24 months) ○ Children and adolescents (2-18 years) ○ Adults (ages 19-64 years) ○ Older adults (ages 65 years and older) • Age at endpoint outcomes: <ul style="list-style-type: none"> ○ Adults (ages 19-64 years) ○ Older adults (ages 65 years and older) 	<ul style="list-style-type: none"> • Age at endpoint outcome: <ul style="list-style-type: none"> ○ Infants and toddlers (birth to 24 months) ○ Children and adolescents (2-18 years)

Category	Inclusion Criteria	Exclusion Criteria
Health status of study participants	<ul style="list-style-type: none"> • Studies that enroll participants who are healthy and/or at risk for chronic disease, including those with obesity • Studies that exclusively enroll participants with high blood pressure or high cholesterol and are evaluating cardiovascular disease endpoint outcomes • Studies that enroll some participants diagnosed with cardiovascular disease endpoint outcomes. • Studies that enroll some participants diagnosed with a disease or hospitalized with an illness or injury • Studies that enroll infants born full-term (≥ 37 weeks and 0/7 days gestational age) • Studies that enroll some infants born preterm (gestational age < 37 weeks and 0/7 days), infants with low birth weight (< 2500g), and/or infants born small for gestational age 	<ul style="list-style-type: none"> • Studies that exclusively enroll participants diagnosed with a disease (e.g., diabetes, renal disease), or hospitalized with an illness or injury (For this criterion, studies that exclusively enroll participants with obesity will not be excluded) • Studies that exclusively enroll participants with cardiovascular disease endpoint outcomes (i.e., studies that aim to treat participants who have already been diagnosed with cardiovascular disease) • Studies that exclusively enroll participants with high blood lipids (e.g., TC, LDL, HDL, or triglycerides) and are evaluating any blood lipid intermediate outcome (i.e., studies that aim to treat participants who already have high cholesterol or blood lipids)

Electronic databases and search terms

Listed below are the databases searched to identify all potentially relevant articles that have been published to address the systematic review question. Two search strategies were developed and implemented each in four databases (PubMed, Cochrane Central Register of Controlled Trials (CENTRAL), Embase and Cumulative Index of Nursing and Allied Health Literature (CINAHL) to conduct this systematic review.

Search strategy 1: Search strategy to capture the literature on types of dietary fats and risk of cardiovascular disease for children and adolescents from 1990-2009

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 1990-December 31, 2009
- Search Strategy:

#5 - (#1 AND #2 AND #3) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR

review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 1990/01/01 to 2009/12/31; English

#4 - (#1 AND #2 AND #3)

#3 - "Child"[Mesh] OR child[tiab] OR children[tiab] OR youth* OR "Adolescent"[Mesh] OR adolescence[tiab] OR adolescent* OR teen[tiab] OR teens[tiab] OR teenager* OR preteen* OR pre-teen* OR pre-adolesc* OR preadolesc* OR preschool* OR "Pediatrics"[Mesh] OR pediatric* OR paediatric* OR "Infant"[Mesh] OR Infan*[tiab] OR newborn*[tiab] OR new-born*[tiab] OR perinat*[tiab] OR neonat* OR prematur* OR preterm* OR baby[tiab] OR babies[tiab] OR toddler*[tiab] OR boy[tiab] OR boys[tiab] OR girl[tiab] OR girls[tiab] OR schoolchild* OR middle school* OR high school* OR juvenile[tiab] OR pubescent[tiab] OR pre pubescent[tiab] OR prepubescent[tiab] OR kid[tiab] OR kids[tiab] OR early childhood[tiab] OR early years[tiab] OR pre-k[tiab] OR pre-primary[tiab] OR under five*[tiab] OR young child*[tiab] OR head start[tiab] OR prekindergarten[tiab] OR pre-kindergarten[tiab]

#2 - "Cardiovascular Diseases"[Mesh:noexp] OR cardiovascular disease*[tiab] OR coronary artery disease[tiab] OR heart disease*[tiab] OR "Heart Failure"[Mesh] OR heart failure[tiab] OR "Myocardial Infarction"[Mesh] OR myocardial infarction*[tiab] OR "Myocardial Ischemia"[Mesh] OR Myocardial Ischemia*[tiab] OR "Stroke"[Mesh] OR stroke[tiab] OR angina[tiab] OR heart attack[tiab] OR "Cardiovascular System"[Mesh] OR "cardiometabolic health" OR cardiovascular health[tiab] OR "cardiac health" OR "cardiovascular biomarkers" OR "Venous Thrombosis"[Mesh] OR venous thrombosis[tiab] OR hypertension[tiab] OR high blood pressure[tiab] OR "Lipids/blood"[Mesh] OR "Cholesterol, HDL"[Mesh] OR HDL cholesterol[tiab] OR "Cholesterol, LDL"[Mesh] OR LDL cholesterol[tiab] OR total cholesterol[tiab] OR "Triglycerides"[Mesh] OR triglycerides[tiab]

#1 - "Dietary Fats"[Mesh] OR dietary fat* OR diet fat* OR dietary lipid* OR fat consumption* OR fat intake* OR "Fatty Acids"[Mesh:noexp] OR fatty acid* OR saturated fat* OR "Fatty Acids, Monounsaturated"[Mesh] OR monounsaturated fat* OR mono-unsaturated fat* OR polyunsaturated fat* OR poly-unsaturated fat* OR unsaturated fat* OR unsaturated fatty acid* OR "Fatty Acids, Omega-3"[Mesh] OR omega-3[tiab] OR N-3 fatty acid* OR "Fatty Acids, Omega-6"[Mesh] OR omega-6 OR N-6 fatty acid* OR MUFA* OR PUFA* OR "Cholesterol, Dietary"[Mesh] OR dietary cholesterol* OR alpha-linolenic acid* OR eicosapentaenoic acid* OR docosahexaenoic acid* OR linoleic acid* OR alpha-linolenic acid* OR arachidonic acid* OR "Fats, Unsaturated"[Mesh] OR milk fat*[tiab] OR "Butter"[Mesh] OR butter[tiab] OR Ghee[tiab] OR "Margarine"[Mesh] OR margarine[tiab] OR dietary oil* OR "Plant Oils"[Mesh] OR plant oil* OR "Fish Oils"[Mesh] OR fish oil* OR olive oil* OR corn oil* OR cottonseed oil* OR cotton seed oil* OR safflower oil* OR sesame oil* OR soybean oil* OR soya-bean oil* OR linseed oil* OR canola oil* OR peanut oil* OR coconut oil* OR edible oil* OR palm oil* OR fish oil* OR maize oil* OR oleic acid* OR ((fat[tiab] OR fatty[tiab])) AND (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR poly-unsatur* OR linolenic acid* OR "Milk"[Mesh] OR milk[tiab] OR "Infant Formula"[Mesh] OR infant formula*[tiab]))

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 1990–December 31, 2009
- Search Strategy:

#1 - [mh "Dietary Fats"] OR [mh ^"Fatty Acids"] OR [mh "Fatty Acids, Monounsaturated"] OR

[mh "Fatty Acids, Omega-3"] OR [mh "Fatty Acids, Omega-6"] OR [mh "Cholesterol, Dietary"] OR [mh "Fats, Unsaturated"] OR [mh Butter] OR [mh Margarine] OR [mh "Plant Oils"] OR [mh "Fish Oils"]

#2 - ("dietary fat*" OR "diet fat*" OR "dietary lipid*" OR "fat consumption*" OR "fat intake*" OR "fatty acid*" OR "saturated fat*" OR "monounsaturated fat*" OR "mono-unsaturated fat*" OR "polyunsaturated fat*" OR "poly-unsaturated fat*" OR "unsaturated fat*" OR "unsaturated fatty acid*" OR omega-3 OR "N-3 fatty acid*" OR omega-6 OR "N-6 fatty acid*" OR MUFA* OR PUFA* OR "dietary cholesterol*" OR "alpha-linolenic acid*" OR "eicosapentaenoic acid*" OR "docosahexaenoic acid*" OR "linoleic acid*" OR "alpha-linolenic acid*" OR "arachidonic acid*" OR "milk fat*" OR butter OR Ghee OR margarine OR "dietary oil*" OR "plant oil*" OR "fish oil*" OR "olive oil*" OR "corn oil*" OR "cottonseed oil*" OR "cotton seed oil*" OR "safflower oil*" OR "sesame oil*" OR "soybean oil*" OR "soya-bean oil*" OR "linseed oil*" OR "canola oil*" OR "peanut oil*" OR "coconut oil*" OR "edible oil*" OR "palm oil*" OR "fish oil*" OR "maize oil*" OR "oleic acid*"):ti,ab,kw

#3 - ((fat OR fatty) NEAR/6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR polyunsatur* OR "linolenic acid*" OR [mh Milk] OR milk OR [mh "Infant Formula"] OR "infant formula*")):ti,ab,kw

#4 - #1 OR #2 OR #3

#5 - [mh ^"Cardiovascular Diseases"] OR [mh "Heart Failure"] OR [mh "Myocardial Ischemia"] OR [mh "Myocardial Infarction"] OR [mh Stroke] OR [mh "Cardiovascular System"] OR [mh "Venous Thrombosis"] OR [mh Lipids/BL] OR [mh "Cholesterol, HDL"] OR [mh "Cholesterol, LDL"] OR [mh Triglycerides]

#6 - ("cardiovascular disease*" OR "coronary artery disease" OR "heart disease*" OR "heart failure" OR "myocardial infarction*" OR "myocardial ischemia*" OR stroke OR angina OR "heart attack" OR "cardiometabolic health" OR "cardiovascular health" OR "cardiac health" OR "cardiovascular biomarkers" OR "venous thrombosis" OR hypertension OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides):ti,ab,kw"

#7 - #5 OR #6

#8 - [mh Child] OR [mh Adolescent] OR [mh Pediatrics] OR [mh Infant]

#9 - (Child OR children OR youth* OR adolescence OR adolescent* OR teen OR teens OR teenager* OR preteen* OR pre-teen* OR pre-adolesc* OR preadolesc* OR preschool* OR pediatric* OR paediatric* OR Infan* OR newborn* OR new-born* OR perinat* OR neonat* OR prematur* OR preterm* OR baby OR babies OR toddler* OR boy OR boys OR girl OR girls OR schoolchild* OR "middle school*" OR "high school*" OR juvenile OR pubescent OR "pre pubescent" OR prepubescent OR kid OR kids OR "early childhood" OR "early years" OR pre-k OR pre-primary OR "under five*" OR "young child*" OR "head start" OR prekindergarten OR pre-kindergarten):ti,ab,kw

#10 - #8 OR #9

#11 - #4 AND #7 AND #10" with Publication Year from 1990 to 2009, in Trials (Word variations have been searched)

Embase

- Provider: Elsevier
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 1990-December 31, 2009

- Search Strategy:

#11 - #4 AND #7 AND #10 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [1990-2009]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

#10 - #8 OR #9

#9 - child:ab,ti OR children:ab,ti OR youth*:ab,ti OR adolescence:ab,ti OR adolescent*:ab,ti OR teen:ab,ti OR teens:ab,ti OR teenager*:ab,ti OR preteen*:ab,ti OR 'pre teen*':ab,ti OR 'pre adolesc*':ab,ti OR preadolesc*:ab,ti OR preschool*:ab,ti OR pediatric*:ab,ti OR paediatric*:ab,ti OR infant*:ab,ti OR newborn*:ab,ti OR 'new born*':ab,ti OR perinat*:ab,ti OR neonat*:ab,ti OR prematur*:ab,ti OR preterm*:ab,ti OR baby:ab,ti OR babies:ab,ti OR toddler*:ab,ti OR boy:ab,ti OR boys:ab,ti OR girl:ab,ti OR girls:ab,ti OR schoolchild*:ab,ti OR 'middle school*':ab,ti OR 'high school*':ab,ti OR juvenile:ab,ti OR pubescent:ab,ti OR 'pre pubescent':ab,ti OR prepubescent:ab,ti OR kid:ab,ti OR kids:ab,ti OR 'early childhood':ab,ti OR 'early years':ab,ti OR 'pre k':ab,ti OR 'pre primary':ab,ti OR 'under five*':ab,ti OR 'young child*':ab,ti OR 'head start':ab,ti OR prekindergarten:ab,ti OR 'pre kindergarten':ab,ti

#8 - 'child'/exp OR 'adolescent'/exp OR 'pediatrics'/de

#7 - #5 OR #6

#6 - 'cardiovascular disease*':ab,ti OR 'coronary artery disease':ab,ti OR 'heart disease*':ab,ti OR 'heart failure':ab,ti OR 'myocardial infarction*':ab,ti OR 'myocardial ischemia*':ab,ti OR stroke:ab,ti OR angina:ab,ti OR 'heart attack':ab,ti OR 'cardiometabolic health':ab,ti OR 'cardiovascular health':ab,ti OR 'cardiac health':ab,ti OR 'cardiovascular biomarkers':ab,ti OR 'venous thrombosis':ab,ti OR hypertension:ab,ti OR 'high blood pressure':ab,ti OR 'hdl cholesterol':ab,ti OR 'ldl cholesterol':ab,ti OR 'total cholesterol':ab,ti OR triglycerides:ab,ti

#5 - 'cardiovascular disease'/de OR 'heart failure'/exp OR 'heart muscle ischemia'/exp OR 'heart infarction'/exp OR 'cerebrovascular accident'/exp OR 'cardiovascular system'/exp OR 'vein thrombosis'/exp OR 'high density lipoprotein cholesterol'/de OR 'low density lipoprotein cholesterol'/de OR 'triacylglycerol'/exp

#4 - #1 OR #2 OR #3

#3 - ((fat OR fatty) NEAR/6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR poly-unsatur* OR 'linolenic acid*' OR milk OR 'infant formula*')):ab,ti

#2 - 'dietary fat*':ab,ti OR 'diet fat*':ab,ti OR 'dietary lipid*':ab,ti OR 'fat consumption*':ab,ti OR 'fat intake*':ab,ti OR 'fatty acid*':ab,ti OR 'saturated fat*':ab,ti OR 'monounsaturated fat*':ab,ti OR 'mono-unsaturated fat*':ab,ti OR 'polyunsaturated fat*':ab,ti OR 'poly-unsaturated fat*':ab,ti OR 'unsaturated fat*':ab,ti OR 'unsaturated fatty acid*':ab,ti OR 'omega 3':ab,ti OR 'n-3 fatty acid*':ab,ti OR 'omega 6':ab,ti OR 'n-6 fatty acid*':ab,ti OR mufa*:ab,ti OR pufa*:ab,ti OR 'dietary cholesterol*':ab,ti OR 'eicosapentaenoic acid*':ab,ti OR 'docosahexaenoic acid*':ab,ti OR 'linoleic acid*':ab,ti OR 'alpha-linolenic acid*':ab,ti OR 'arachidonic acid*':ab,ti OR 'milk fat*':ab,ti OR butter:ab,ti OR ghee:ab,ti OR margarine:ab,ti OR 'dietary oil*':ab,ti OR 'plant oil*':ab,ti OR 'olive oil*':ab,ti OR 'corn oil*':ab,ti OR 'cottonseed oil*':ab,ti OR 'cotton seed oil*':ab,ti OR 'safflower oil*':ab,ti OR 'sesame oil*':ab,ti OR 'soybean oil*':ab,ti OR 'soya-bean oil*':ab,ti OR 'linseed oil*':ab,ti OR 'canola oil*':ab,ti OR 'peanut oil*':ab,ti OR 'coconut oil*':ab,ti OR 'edible oil*':ab,ti OR 'palm oil*':ab,ti OR 'fish oil*':ab,ti OR 'maize oil*':ab,ti OR 'oleic acid*':ab,ti

#1 - 'edible oil'/exp OR 'fatty acid'/de OR 'monounsaturated fatty acid'/de OR 'omega 3 fatty acid'/de OR 'omega 6 fatty acid'/de OR 'cholesterol intake'/de OR 'unsaturated fatty acid'/exp

OR 'butter'/de OR 'margarine'/de OR 'vegetable oil'/exp OR 'fish oil'/de

Cumulative Index of Nursing and Allied Health Literature (CINAHL)

- Provider: EBSCOhost
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 1990-December 31, 2009
- Search Strategy:

S11 - S4 AND S7 AND S10 NOT (MH "Literature Review" OR MH "Meta Analysis" OR MH "Systematic Review" OR MH "News" OR MH "Retracted Publication" OR MH "Retraction of Publication)

Limiters - Publication Year: 1990-2009; Peer Reviewed; English Language; Human

S10 - S8 OR S9

S9 - Child OR children OR youth* OR adolescence OR adolescent* OR teen OR teens OR teenager* OR preteen* OR pre-teen* OR pre-adolesc* OR preadolesc* OR preschool* OR pediatric* OR paediatric* OR Infan* OR newborn* OR new-born* OR perinat* OR neonat* OR prematur* OR preterm* OR baby OR babies OR toddler* OR boy OR boys OR girl OR girls OR schoolchild* OR "middle school*" OR "high school*" OR juvenile OR pubescent OR "pre pubescent" OR prepubescent OR kid OR kids OR "early childhood" OR "early years" OR pre-k OR pre-primary OR "under five*" OR "young child*" OR "head start" OR prekindergarten OR pre-kindergarten

S8 - (MH "Child+") OR (MH "Adolescence+") OR (MH "Pediatrics+") OR (MH "Infant+")

S7 - S5 OR S6

S6 - "cardiovascular disease*" OR "coronary artery disease" OR "heart disease*" OR "heart failure" OR "myocardial infarction*" OR "myocardial ischemia*" OR stroke OR angina OR "heart attack" OR "cardiometabolic health" OR "cardiovascular health" OR "cardiac health" OR "cardiovascular biomarkers" OR "venous thrombosis" OR hypertension OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides

S5 - (MH "Cardiovascular Diseases") OR (MH "Heart Failure+") OR (MH "Myocardial Ischemia+") OR (MH "Myocardial Infarction+") OR (MH "Stroke+") OR (MH "Cardiovascular System+") OR (MH "Venous Thrombosis+") OR (MH "Lipids/BL") OR (MH "Lipoproteins, HDL Cholesterol") OR (MH "Lipoproteins, LDL Cholesterol") OR (MH "Triglycerides")

S4 - S1 OR S2 OR S3

S3 - ((fat OR fatty) N6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR polyunsatur* OR "linolenic acid*" OR milk OR "infant formula*"))

S2 - "dietary fat*" OR "diet fat*" OR "dietary lipid*" OR "fat consumption*" OR "fat intake*" OR "fatty acid*" OR "saturated fat*" OR "monounsaturated fat*" OR "mono-unsaturated fat*" OR "polyunsaturated fat*" OR "poly-unsaturated fat*" OR "unsaturated fat*" OR "unsaturated fatty acid*" OR omega-3 OR "N-3 fatty acid*" OR omega-6 OR "N-6 fatty acid*" OR MUFA* OR PUFA* OR "dietary cholesterol*" OR "alpha-linolenic acid*" OR "eicosapentaenoic acid*" OR "docosahexaenoic acid*" OR "linoleic acid*" OR "alpha-linolenic acid*" OR "arachidonic acid*" OR "milk fat*" OR butter OR Ghee OR margarine OR "dietary oil*" OR "plant oil*" OR "fish oil*" OR "olive oil*" OR "corn oil*" OR "cottonseed oil*" OR "cotton seed oil*" OR "safflower oil*" OR "sesame oil*" OR "soybean oil*" OR "soya-bean oil*" OR "linseed oil*" OR "canola oil*" OR "peanut oil*" OR "coconut oil*" OR "edible oil*" OR "palm oil*" OR "fish oil*" OR "maize oil*" OR "oleic acid"**

S1 - (MH "Dietary Fats+") OR (MH "Fatty Acids") OR (MH "Fatty Acids, Monounsaturated+")

OR (MH "Fatty Acids, Omega-3+") OR (MH "Fatty Acids, Omega-6+") OR (MH "Cholesterol, Dietary") OR (MH "Fats, Unsaturated+") OR (MH "Butter") OR (MH "Margarine") OR (MH "Plant Oils+") OR (MH "Fish Oils+")

Search Strategy 2: Search strategy to capture the literature on types of dietary fats and risk of cardiovascular disease for all ages from 2010-2019

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 2010- October 30, 2019
- Search Strategy:

#4 - (#1 AND #2) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 2010/01/01 to 2019/10/30; English

#3 - (#1 AND #2)

#2 - "Cardiovascular Diseases"[Mesh:noexp] OR cardiovascular disease*[tiab] OR coronary artery disease[tiab] OR heart disease*[tiab] OR "Heart Failure"[Mesh] OR heart failure[tiab] OR "Myocardial Infarction"[Mesh] OR myocardial infarction*[tiab] OR "Myocardial Ischemia"[Mesh] OR Myocardial Ischemia*[tiab] OR "Stroke"[Mesh] OR stroke[tiab] OR angina[tiab] OR heart attack[tiab] OR "Cardiovascular System"[Mesh] OR "cardiometabolic health" OR cardiovascular health[tiab] OR "cardiac health" OR "cardiovascular biomarkers" OR "Venous Thrombosis"[Mesh] OR venous thrombosis[tiab] OR hypertension[tiab] OR high blood pressure[tiab] OR "Lipids/blood"[Mesh] OR "Cholesterol, HDL"[Mesh] OR HDL cholesterol[tiab] OR "Cholesterol, LDL"[Mesh] OR LDL cholesterol[tiab] OR total cholesterol[tiab] OR "Triglycerides"[Mesh] OR triglycerides[tiab]

#1 - "Dietary Fats"[Mesh] OR dietary fat* OR diet fat* OR dietary lipid* OR fat consumption* OR fat intake* OR "Fatty Acids"[Mesh:noexp] OR fatty acid* OR saturated fat* OR "Fatty Acids, Monounsaturated"[Mesh] OR monounsaturated fat* OR mono-unsaturated fat* OR polyunsaturated fat* OR poly-unsaturated fat* OR unsaturated fat* OR unsaturated fatty acid* OR "Fatty Acids, Omega-3"[Mesh] OR omega-3[tiab] OR N-3 fatty acid* OR "Fatty Acids, Omega-6"[Mesh] OR omega-6 OR N-6 fatty acid* OR MUFA* OR PUFA* OR "Cholesterol, Dietary"[Mesh] OR dietary cholesterol* OR alpha-linolenic acid* OR eicosapentaenoic acid* OR docosahexaenoic acid* OR linoleic acid* OR alpha-linolenic acid* OR arachidonic acid* OR "Fats, Unsaturated"[Mesh] OR milk fat*[tiab] OR "Butter"[Mesh] OR butter[tiab] OR Ghee[tiab] OR "Margarine"[Mesh] OR margarine[tiab] OR dietary oil* OR "Plant Oils"[Mesh] OR plant oil* OR "Fish Oils"[Mesh] OR fish oil* OR olive oil* OR corn oil* OR cottonseed oil* OR cotton seed oil* OR safflower oil* OR sesame oil* OR soybean oil* OR soya-bean oil* OR linseed oil* OR canola oil* OR peanut oil* OR coconut oil* OR edible oil* OR palm oil* OR fish oil* OR maize oil* OR oleic acid* OR ((fat[tiab] OR fatty[tiab]) AND (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR poly-unsatur* OR linolenic acid* OR "Milk"[Mesh] OR milk[tiab] OR "Infant Formula"[Mesh] OR infant formula*[tiab]))

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 2010- October 30, 2019
- Search Strategy:

#1 - [mh "Dietary Fats"] OR [mh ^"Fatty Acids"] OR [mh "Fatty Acids, Monounsaturated"] OR [mh "Fatty Acids, Omega-3"] OR [mh "Fatty Acids, Omega-6"] OR [mh "Cholesterol, Dietary"] OR [mh "Fats, Unsaturated"] OR [mh Butter] OR [mh Margarine] OR [mh "Plant Oils"] OR [mh "Fish Oils"]

#2 - ("dietary fat*" OR "diet fat*" OR "dietary lipid*" OR "fat consumption*" OR "fat intake*" OR "fatty acid*" OR "saturated fat*" OR "monounsaturated fat*" OR "mono-unsaturated fat*" OR "polyunsaturated fat*" OR "poly-unsaturated fat*" OR "unsaturated fat*" OR "unsaturated fatty acid*" OR omega-3 OR "N-3 fatty acid*" OR omega-6 OR "N-6 fatty acid*" OR MUFA* OR PUFA* OR "dietary cholesterol*" OR "alpha-linolenic acid*" OR "eicosapentaenoic acid*" OR "docosahexaenoic acid*" OR "linoleic acid*" OR "alpha-linolenic acid*" OR "arachidonic acid*" OR "milk fat*" OR butter OR Ghee OR margarine OR "dietary oil*" OR "plant oil*" OR "fish oil*" OR "olive oil*" OR "corn oil*" OR "cottonseed oil*" OR "cotton seed oil*" OR "safflower oil*" OR "sesame oil*" OR "soybean oil*" OR "soya-bean oil*" OR "linseed oil*" OR "canola oil*" OR "peanut oil*" OR "coconut oil*" OR "edible oil*" OR "palm oil*" OR "fish oil*" OR "maize oil*" OR "oleic acid*"):ti,ab,kw

#3 - ((fat OR fatty) NEAR/6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR polyunsatur* OR "linolenic acid*" OR [mh Milk] OR milk OR [mh "Infant Formula"] OR "infant formula*")):ti,ab,kw

#4 - #1 OR #2 OR #3

#5 - [mh ^"Cardiovascular Diseases"] OR [mh "Heart Failure"] OR [mh "Myocardial Ischemia"] OR [mh "Myocardial Infarction"] OR [mh Stroke] OR [mh "Cardiovascular System"] OR [mh "Venous Thrombosis"] OR [mh Lipids/BL] OR [mh "Cholesterol, HDL"] OR [mh "Cholesterol, LDL"] OR [mh Triglycerides]

#6 - ("cardiovascular disease*" OR "coronary artery disease" OR "heart disease*" OR "heart failure" OR "myocardial infarction*" OR "myocardial ischemia*" OR stroke OR angina OR "heart attack" OR "cardiometabolic health" OR "cardiovascular health" OR "cardiac health" OR "cardiovascular biomarkers" OR "venous thrombosis" OR hypertension OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides):ti,ab,kw

#7 - #5 OR #6

#8 - #4 AND #7" with Publication Year from 2010 to 2019, in Trials (Word variations have been searched)

Embase

- Provider: Elsevier
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 2010- October 30, 2019
- Search Strategy:

#8 - #4 AND #7 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2010-2019]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

#7 - #5 OR #6

#6 - 'cardiovascular disease*':ab,ti OR 'coronary artery disease':ab,ti OR 'heart disease*':ab,ti OR 'heart failure':ab,ti OR 'myocardial infarction*':ab,ti OR 'myocardial ischemia*':ab,ti OR 'stroke':ab,ti OR 'angina':ab,ti OR 'heart attack':ab,ti OR 'cardiometabolic health':ab,ti OR 'cardiovascular health':ab,ti OR 'cardiac health':ab,ti OR 'cardiovascular biomarkers':ab,ti OR 'venous thrombosis':ab,ti OR 'hypertension':ab,ti OR 'high blood pressure':ab,ti OR 'hdl cholesterol':ab,ti OR 'ldl cholesterol':ab,ti OR 'total cholesterol':ab,ti OR 'triglycerides':ab,ti

#5 - 'cardiovascular disease':de OR 'heart failure':exp OR 'heart muscle ischemia':exp OR 'heart infarction':exp OR 'cerebrovascular accident':exp OR 'cardiovascular system':exp OR 'vein thrombosis':exp OR 'high density lipoprotein cholesterol':de OR 'low density lipoprotein cholesterol':de OR 'triacylglycerol':exp

#4 - #1 OR #2 OR #3

#3 - ((fat OR fatty) NEAR/6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR poly-unsatur* OR 'linolenic acid*' OR milk OR 'infant formula*')):ab,ti

#2 - 'dietary fat*':ab,ti OR 'diet fat*':ab,ti OR 'dietary lipid*':ab,ti OR 'fat consumption*':ab,ti OR 'fat intake*':ab,ti OR 'fatty acid*':ab,ti OR 'saturated fat*':ab,ti OR 'monounsaturated fat*':ab,ti OR 'mono-unsaturated fat*':ab,ti OR 'polyunsaturated fat*':ab,ti OR 'poly-unsaturated fat*':ab,ti OR 'unsaturated fat*':ab,ti OR 'unsaturated fatty acid*':ab,ti OR 'omega 3':ab,ti OR 'n-3 fatty acid*':ab,ti OR 'omega 6':ab,ti OR 'n-6 fatty acid*':ab,ti OR 'mufa*':ab,ti OR 'pufa*':ab,ti OR 'dietary cholesterol*':ab,ti OR 'eicosapentaenoic acid*':ab,ti OR 'docosahexaenoic acid*':ab,ti OR 'linoleic acid*':ab,ti OR 'alpha-linolenic acid*':ab,ti OR 'arachidonic acid*':ab,ti OR 'milk fat*':ab,ti OR 'butter':ab,ti OR 'ghee':ab,ti OR 'margarine':ab,ti OR 'dietary oil*':ab,ti OR 'plant oil*':ab,ti OR 'olive oil*':ab,ti OR 'corn oil*':ab,ti OR 'cottonseed oil*':ab,ti OR 'cotton seed oil*':ab,ti OR 'safflower oil*':ab,ti OR 'sesame oil*':ab,ti OR 'soybean oil*':ab,ti OR 'soya-bean oil*':ab,ti OR 'linseed oil*':ab,ti OR 'canola oil*':ab,ti OR 'peanut oil*':ab,ti OR 'coconut oil*':ab,ti OR 'edible oil*':ab,ti OR 'palm oil*':ab,ti OR 'fish oil*':ab,ti OR 'maize oil*':ab,ti OR 'oleic acid*':ab,ti

#1 - 'edible oil':exp OR 'fatty acid':de OR 'monounsaturated fatty acid':de OR 'omega 3 fatty acid':de OR 'omega 6 fatty acid':de OR 'cholesterol intake':de OR 'unsaturated fatty acid':exp OR 'butter':de OR 'margarine':de OR 'vegetable oil':exp OR 'fish oil':de

Cumulative Index of Nursing and Allied Health Literature (CINAHL)

- Provider: EBSCOhost
- Date(s) Searched: October 30, 2019
- Date range searched: January 1, 2010-December 31, 2019
- Search Strategy:

S8 - S4 AND S7 NOT (MH "Literature Review" OR MH "Meta Analysis" OR MH "Systematic Review" OR MH "News" OR MH "Retracted Publication" OR MH "Retraction of Publication)
Limiters - Publication Year: 2010-2019; Peer Reviewed; English Language; Human

S7 - S5 OR S6

S6 - "cardiovascular disease*" OR "coronary artery disease" OR "heart disease*" OR "heart failure" OR "myocardial infarction*" OR "myocardial ischemia*" OR stroke OR angina OR "heart attack" OR "cardiometabolic health" OR "cardiovascular health" OR "cardiac health" OR "cardiovascular biomarkers" OR "venous thrombosis" OR hypertension OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides

S5 - (MH "Cardiovascular Diseases") OR (MH "Heart Failure+") OR (MH "Myocardial

Ischemia+") OR (MH "Myocardial Infarction+") OR (MH "Stroke+") OR (MH "Cardiovascular System+") OR (MH "Venous Thrombosis+") OR (MH "Lipids/BL") OR (MH "Lipoproteins, HDL Cholesterol") OR (MH "Lipoproteins, LDL Cholesterol") OR (MH "Triglycerides")

S4 - S1 OR S2 OR S3

S3 - ((fat OR fatty) N6 (saturat* OR unsatur* OR monounsatur* OR polyunsatur* OR poly-unsatur* OR "linolenic acid*" OR milk OR "infant formula*"))

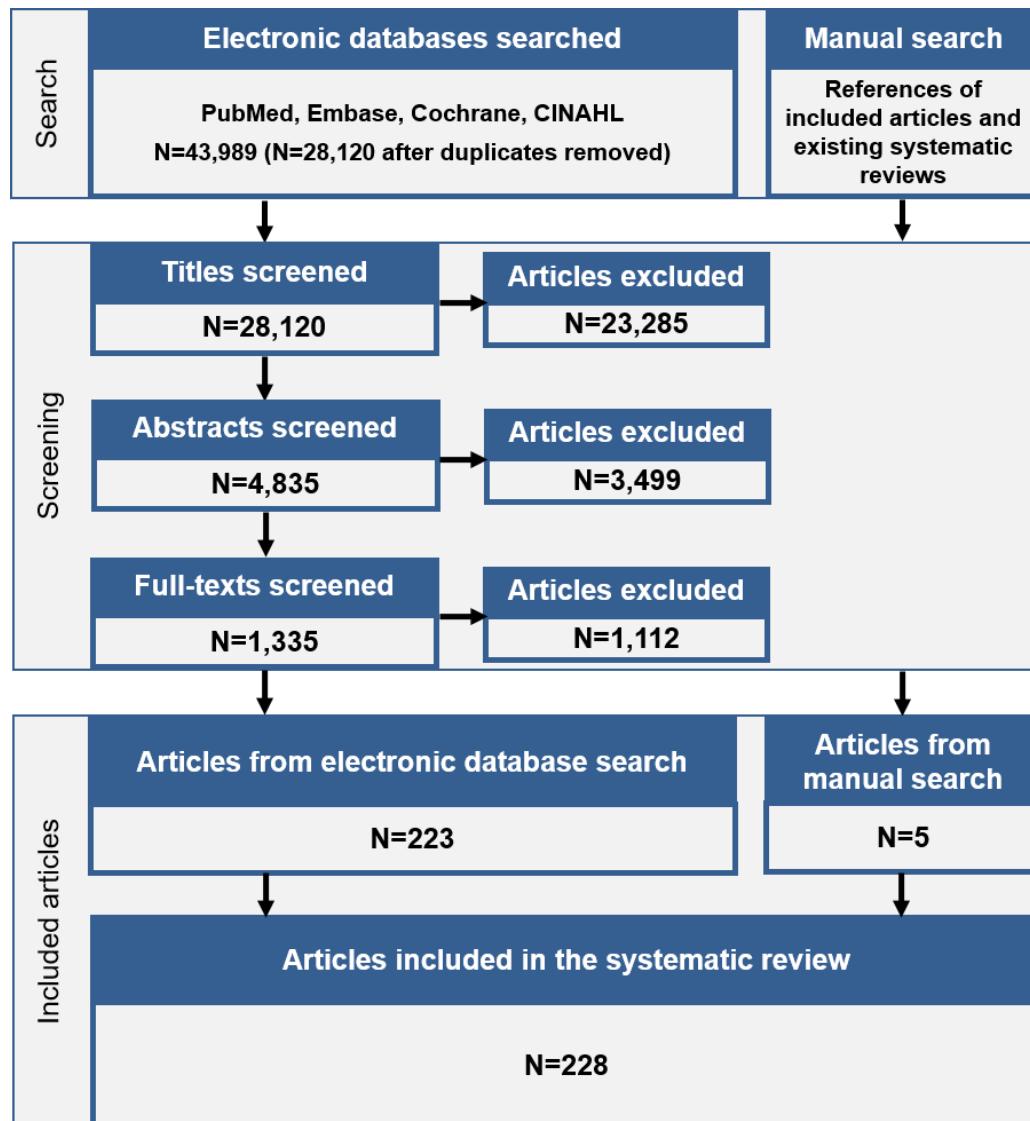
S2 - "dietary fat*" OR "diet fat*" OR "dietary lipid*" OR "fat consumption*" OR "fat intake*" OR "fatty acid*" OR "saturated fat*" OR "monounsaturated fat*" OR "mono-unsaturated fat*" OR "polyunsaturated fat*" OR "poly-unsaturated fat*" OR "unsaturated fat*" OR "unsaturated fatty acid*" OR omega-3 OR "N-3 fatty acid*" OR omega-6 OR "N-6 fatty acid*" OR MUFA* OR PUFA* OR "dietary cholesterol*" OR "alpha-linolenic acid*" OR "eicosapentaenoic acid*" OR "docosahexaenoic acid*" OR "linoleic acid*" OR "alpha-linolenic acid*" OR "arachidonic acid*" OR "milk fat*" OR butter OR Ghee OR margarine OR "dietary oil*" OR "plant oil*" OR "fish oil*" OR "olive oil*" OR "corn oil*" OR "cottonseed oil*" OR "cotton seed oil*" OR "safflower oil*" OR "sesame oil*" OR "soybean oil*" OR "soya-bean oil*" OR "linseed oil*" OR "canola oil*" OR "peanut oil*" OR "coconut oil*" OR "edible oil*" OR "palm oil*" OR "fish oil*" OR "maize oil*" OR "oleic acid*"

S1 - (MH "Dietary Fats+") OR (MH "Fatty Acids") OR (MH "Fatty Acids, Monounsaturated+") OR (MH "Fatty Acids, Omega-3+") OR (MH "Fatty Acids, Omega-6+") OR (MH "Cholesterol, Dietary") OR (MH "Fats, Unsaturated+") OR (MH "Butter") OR (MH "Margarine") OR (MH "Plant Oils+") OR (MH "Fish Oils+")

LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (**Figure 2**) below illustrates the literature search and screening results for articles examining the systematic review question. The results of the two electronic database searches, after removal of duplicates, were screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria. Refer to **Table 2** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles are also screened to determine whether they meet criteria for inclusion.

Figure 2: Flow chart of literature search and screening results^{iv}



^{iv} The flow chart depicts the combined raw search totals from the electronic databases that were searched from both searches that included 43,989 raw results, 6,048 raw results in the first search strategy and 37,941 raw results in the second search strategy (both search strategies described in the [Electronic databases and search terms](#) section). Search results were combined for efficiency and screened together in screening software by two analysts independently because both searches addressed the same overall systematic review question from different search date ranges.

Included articles

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<http://dx.doi.org/10.3390/nu11071488>.
2. Abdollahi AM, Virtanen HEK, Voutilainen S, et al. Egg consumption, cholesterol intake, and risk of incident stroke in men: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr*. 2019.doi: 10.1093/ajcn/nqz066.
3. Abdullah MM, Cyr A, Lepine MC, et al. Recommended dairy product intake modulates circulating fatty acid profile in healthy adults: a multi-centre cross-over study. *Br J Nutr*. 2015;113(3):435-444.doi: 10.1017/S0007114514003894. Epub 2015 Jan 22.
4. Adams TH, Walzem RL, Smith DR, Tseng S, Smith SB. Hamburger high in total, saturated and trans-fatty acids decreases HDL cholesterol and LDL particle diameter, and increases TAG, in mildly hypercholesterolaemic men. *Br J Nutr*. 2010;103(1):91-98.doi: 10.1017/S0007114509991516.
5. Akbaraly TN, Ferrie JE, Berr C, et al. Alternative Healthy Eating Index and mortality over 18 y of follow-up: results from the Whitehall II cohort. *Am J Clin Nutr*. 2011;94(1):247-253.doi: 10.3945/ajcn.111.013128. Epub 2011 May 25.
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11. Andraski AB, Singh SA, Lee LH, et al. Effects of Replacing Dietary Monounsaturated Fat With Carbohydrate on HDL (High-Density Lipoprotein) Protein Metabolism and Proteome Composition in Humans. *Arterioscler Thromb Vasc Biol*. 2019;39(11):2411-2430.doi: 10.1161/ATVBAHA.119.312889. Epub 2019 Sep 26.
12. Annuzzi G, Bozzetto L, Costabile G, et al. Diets naturally rich in polyphenols improve fasting and postprandial dyslipidemia and reduce oxidative stress: a randomized controlled trial. *Am J Clin Nutr*. 2014;99(3):463-471.doi: 10.3945/ajcn.113.073445.
13. Atkinson C, Whitley E, Ness A, Baker I. Associations between types of dietary fat and fish intake and risk of stroke in the Caerphilly Prospective Study (CaPS). *Public Health*. 2011;125(6):345-348.doi: 10.1016/j.puhe.2011.03.002. Epub 2011 Jun 1.
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227. Zong G, Li Y, Sampson L, et al. Monounsaturated fats from plant and animal sources in relation to risk of coronary heart disease among US men and women. *Am J Clin Nutr.* 2018;107(3):445-453.doi: 10.1093/ajcn/nqx004.
228. Zong G, Li Y, Wanders AJ, et al. Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies. *Bmj.* 2016;355:i5796.doi: 10.1136/bmj.i5796.

Excluded articles

The table below lists the articles excluded after full-text screening from two electronic searches, and includes columns for the categories of inclusion and exclusion criteria (see **Table 1**) that studies were excluded based on. At least one reason for exclusion is provided for each article, as indicated by an “X” in one of the columns, though this may not reflect all possible reasons for exclusion. Information about articles excluded after title and abstract screening is available upon request.

Table 2. Articles excluded after full text screening with rationale for exclusion^v

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
1 Aadland EK, Lavigne C, Graff IE, Eng O, Paquette M, Holthe A, Mellgren G, Jacques H, Liaset B. Lean-seafood intake reduces cardiovascular lipid risk factors in healthy subjects: results from a randomized controlled trial with a crossover design. <i>Am J Clin Nutr.</i> 2015;102(3):582-92. doi:10.3945/ajcn.115.112086		X		
2 Abbott L, Gordon Schluck G, Graven L, Martorella G. Exploring the intervention effect moderators of a cardiovascular health promotion study among rural African-Americans. <i>Public Health Nurs.</i> 2018. 35(2):126-134. doi:10.1111/phn.12377		X		
3 Abdullah MM, Cyr A, Lepine MC, Eck PK, Couture P, Lamarche B, Jones PJ. Common Variants in Cholesterol Synthesis- and Transport-Related Genes Associate with Circulating Cholesterol Responses to Intakes of Conventional Dairy Products in Healthy Individuals. <i>J Nutr.</i> 2016. 146(5):1008-16. doi:10.3945/jn.115.222208		X		

^v This table presents the combined list of articles excluded after full text screening from both searches. As stated previously, the search results from both search strategies (described in the [Electronic databases and search terms](#) section) were combined for efficiency and screened together in screening software by two analysts independently because both searches addressed the same overall systematic review question from different search date ranges.

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
4 Abellán R, Mansego ML, Martínez-Hervás S, Morcillo S, Pineda-Alonso M, Carmena R, Real JT, Redón J, Rojo-Martínez G, Martín-Escudero JC, Chaves FJ. Dietary polyunsaturated fatty acids may increase plasma LDL-cholesterol and plasma cholesterol concentrations in carriers of an ABCG1 gene single nucleotide polymorphism: study in two Spanish populations. <i>Atherosclerosis</i> . 2011; 219(2):900-6. doi:10.1016/j.atherosclerosis.2011.09.018	X			
5 AbuMweis SS, Panchal SK, Jones PJH. Triacylglycerol-Lowering Effect of Docosahexaenoic Acid Is Not Influenced by Single-Nucleotide Polymorphisms Involved in Lipid Metabolism in Humans. <i>Lipids</i> . 2018; 53(9):897-908. doi:10.1002/lipd.12096		X		
6 Abu-Saad K, Novikov I, Gimpelevitz I, Benderly M, Alpert G, Goldbourt U, Kalter-Leibovici O. Micronutrient intake and adherence to DASH diet are associated with incident major adverse cardiovascular events and all-cause mortality in a bi-ethnic population. <i>European heart journal</i> . 2017; 381120-. doi:10.1093/eurheartj/ehx502.P5321				Publication Status
7 AbuZaid OI, Al-Dhaif BM, Alqunais FE, Ismail MS. Impact of metabolic syndrome on nutrients intakes among Saudi females. <i>J Pak Med Assoc</i> . 2019; 69(3):330-336.	X		X	
8 Adamsson V, Cederholm T, Vessby B, Risérus U. Influence of a healthy Nordic diet on serum fatty acid composition and associations with blood lipoproteins - Results from the NORDIET study. <i>Food and Nutrition Research</i> . 2014; 58. doi:10.3402/fnr.v58.24114		X		Health Status
9 Adamsson V, Reumark A, Fredriksson IB, Hammarstrom E, Vessby B, Johansson G, Risérus U. Effects of a healthy Nordic diet on cardiovascular risk factors in hypercholesterolaemic subjects: a randomized controlled trial (NORDIET). <i>J Intern Med</i> . 2011; 269(2):150-9. doi:10.1111/j.1365-2796.2010.02290.x		X		
10 Adedeji OO, Oyakhire GK, Saeed AK, Ghamsi AI. Effectiveness of interventions to reduce coronary heart disease risk. <i>West Afr J Med</i> . 2011; 30(3):197-201.	X		X	

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
11 Adeyanju M. Adolescent health statusbehaviors and cardiovascular disease. <i>Adolescence</i> . 1990. 25(97):155-69.		X		
12 Aeberli I, Spinas GA, Lehmann R, l'Allemand D, Molinari L, Zimmermann MB. Diet determines features of the metabolic syndrome in 6- to 14-year-old children. <i>Int J Vitam Nutr Res</i> . 2009. 79(1):14-23. doi:10.1024/0300-9831.79.1.14	X			
13 Afonso C, Bernardo I, Bandarra NM, Martins LL, Cardoso C. The implications of following dietary advice regarding fish consumption frequency and meal size for the benefit (EPA + DHA and Se) versus risk (MeHg) assessment. <i>Int J Food Sci Nutr</i> . 2019. 70(5):623-637. doi:10.1080/09637486.2018.1551334	X	X		
14 Afshin A, Micha R, Khatibzadeh S, Fahimi S, Shi P, Powles J, Singh G, Yakoob MY, Abdollahi M, Al-Hooti S, Farzadfar F, Houshiar-Rad A, Hwalla N, Koksal E, Musaiger A, Pekcan G, Sibai AM, Zaghloul S, Danaei G, Ezzati M, Mozaffarian D. The impact of dietary habits and metabolic risk factors on cardiovascular and diabetes mortality in countries of the Middle East and North Africa in 2010: a comparative risk assessment analysis. <i>BMJ Open</i> . 2015. 5(5):e006385. doi:10.1136/bmjopen-2014-006385	X			
15 Akbaraly T, Wurtz P, Singh-Manoux A, Shipley MJ, Haapakoski R, Lehto M, Desrumaux C, Kahonen M, Lehtimaki T, Mikkila V, Hingorani A, Humphries SE, Kangas AJ, Soininen P, Raitakari O, Ala-Korpela M, Kivimaki M. Association of circulating metabolites with healthy diet and risk of cardiovascular disease: analysis of two cohort studies. <i>Sci Rep</i> . 2018. 8(1):8620. doi:10.1038/s41598-018-26441-1	X	X		
16 Akerblom HK, Viikari J, Raitakari OT, Uhari M. Cardiovascular Risk in Young Finns Study: general outline and recent developments. <i>Ann Med</i> . 1999. 31(sup1):45-54. doi:10.1080/07853890.1999.11904399	X			
17 Al Jamal AR, Ibrahim A. Effects of olive oil on lipid profiles and blood glucose in type2 diabetic patients. <i>International Journal of Diabetes and Metabolism</i> . 2011. 19(1):19-22.	X			

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
18	AI Wattar B H, Dodds J, Placzek A, Beresford L, Spyreli E, Moore A, Gonzalez Carreras FJ, Austin F, Murugesu N, Roseboom TJ, Bes-Rastrollo M, Hitman GA, Hooper R, Khan KS, Thangaratnam S. Mediterranean-style diet in pregnant women with metabolic risk factors (ESTEEM): A pragmatic multicentre randomised trial. PLoS Med. 2019. 16(7):e1002857. doi:10.1371/journal.pmed.1002857	X	X	
19	Albani V, Celis-Morales C, O'Donovan CB, Walsh MC, Woolhead C, Forster H, Fallaize R, Macready AL, Marsaux CFM, Navas-Carretero S, San-Cristobal R, Kolossa S, Mavrogianni C, Lambrinou CP, Moschonis G, Godlewska M, Surwillo A, Traczyk I, Gundersen TE, Drevon CA, Daniel H, Manios Y, Martinez JA, Saris WHM, Lovegrove JA, Gibney MJ, Gibney ER, Mathers JC, Adamson AJ, Brennan L. Within-person reproducibility and sensitivity to dietary change of C15:0 and C17:0 levels in dried blood spots: Data from the European Food4Me Study. Mol Nutr Food Res. 2017. 61(10):. doi:10.1002/mnfr.201700142		X	
20	Alexander H, Lockwood LP, Harris MA, Melby CL. Risk factors for cardiovascular disease and diabetes in two groups of Hispanic Americans with differing dietary habits. J Am Coll Nutr. 1999. 18(2):127-36. doi:10.1080/07315724.1999.10718840	X		
21	Alfaddagh A, Elajami TK, Ashfaque H, Saleh M, Bistrian BR, Welty FK. Effect of Eicosapentaenoic and Docosahexaenoic Acids Added to Statin Therapy on Coronary Artery Plaque in Patients With Coronary Artery Disease: A Randomized Clinical Trial. J Am Heart Assoc. 2017. 6(12):. doi:10.1161/jaha.117.006981	X		Health Status
22	Al-Ghannami SS, Sedlak E, Hussein IS, Min Y, Al-Shammkh SM, Al-Oufi HS, Al-Mazroui A, Ghebremeskel K. Lipid-soluble nutrient status of healthy Omani school children before and after intervention with oily fish meal or re-esterified triacylglycerol fish oil. Nutrition. 2016. 32(1):73-8. doi:10.1016/j.nut.2015.07.014	X	X	

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
23 Alipoor B, Haghian MK, Sadat BE, Asghari M. Effect of sesame seed on lipid profile and redox status in hyperlipidemic patients. <i>Int J Food Sci Nutr.</i> 2012. 63(6):674-8. doi:10.3109/09637486.2011.652077				Health Status
24 Aljohi H, Dopler-Nelson M, Cifuentes M, Wilson TA. The consumption of 12 Eggs per week for 1year does not alter fasting serum markers of cardiovascular disease in older adults with early macular degeneration. <i>Journal of Nutrition and Intermediary Metabolism.</i> 2019. 1535-41. doi:10.1016/j.jnim.2018.11.004		X		
25 Aller R, de Luis DA, Izaola O, de la Fuente B, Bachiller R. Effect of a high monounsaturated vs high polyunsaturated fat hypocaloric diets in nonalcoholic fatty liver disease. <i>Eur Rev Med Pharmacol Sci.</i> 2014. 18(7):1041-7.		X		
26 Aller R, Primo D, Izaola O, de Luis DA. Common polymorphism in the cannabinoid receptor gene type 2 (CB2R) rs3123554 are associated with metabolic changes after two different hypocaloric diets with different dietary fatty profiles. <i>Clin Nutr.</i> 2018. . doi:10.1016/j.clnu.2018.11.013		X		
27 Allison MA, Aragaki A, Eaton C, Li W, Van Horn L, Daviglus ML, Berger JS. Effect of dietary modification on incident carotid artery disease in postmenopausal women: results from the women's health initiative dietary modification trial. <i>Stroke.</i> 2014. 45(6):1748-56. doi:10.1161/strokeaha.114.005096		X		
28 Allison MA, Aragaki A, Eaton C, Wassertheil-Smoller S, Li W, Van Horn L, Daviglus M, Berger J. Dietary intervention to reduce fat intake does not result in lower incident carotid artery disease: the women's health initiative diet modification trial. <i>Circulation.</i> 2013. 128(22 SUPPL. 1):				Publication Status
29 Alonso A, Zozaya C, Vazquez Z, Alfredo Martinez J, Martinez-Gonzalez MA. The effect of low-fat versus whole-fat dairy product intake on blood pressure and weight in young normotensive adults. <i>J Hum Nutr Diet.</i> 2009. 22(4):336-42. doi:10.1111/j.1365-277X.2009.00967.x		X		

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
30 Al-Rewashdeh AYA. Blood lipid profileoxidation and pressure of men and women consumed olive oil. Pakistan Journal of Nutrition. 2010. 9(1):15-26.		X		
31 Alsaleh A, Frost GS, Griffin BA, Lovegrove JA, Jebb SA, Sanders TA, O'Dell SD. PPARgamma2 gene Pro12Ala and PPARalpha gene Leu162Val single nucleotide polymorphisms interact with dietary intake of fat in determination of plasma lipid concentrations. J Nutrigenet Nutrigenomics. 2011. 4(6):354-66. doi:10.1159/000336362		X		Genotype study
32 Alsumari SR, AlNouri DM, El-Sayed MMA, El-Din MFS, Arzoo S. The sociodemographic characteristics and dietary and blood plasma fatty acid profiles of elderly Saudi women with Alzheimer disease. Lipids Health Dis. 2019. 18(1):77. doi:10.1186/s12944-019-1029-0	X			Health Status
33 Alvarez Campano CG, Macleod MJ, Aucott L, Thies F. Marine-derived n-3 fatty acids therapy for stroke. Stroke. 2019. 50(11):e314-e315. doi:10.1161/strokeaha.119.026919	X			
34 Alvarez-Alvarez I, Zazpe I, Pérez de Rojas J, Bes-Rastrollo M, Ruiz-Canela M, Fernandez-Montero A, Hidalgo-Santamaría M, Martínez-González MA. Mediterranean dietphysical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. Preventive Medicine. 2018. 10645-52. doi:10.1016/j.ypmed.2017.09.021			X	
35 Alvarez-Perez J, Sanchez-Villegas A, Diaz-Benitez EM, Ruano-Rodriguez C, Corella D, Martinez-Gonzalez MA, Estruch R, Salas-Salvado J, Serra-Majem L. Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. J Am Coll Nutr. 2016. 35(6):568-580. doi:10.1080/07315724.2015.1102102			X	Health Status
36 Alvizouri-Munoz M, Carranza-Madrigal J, Herrera-Abarca JE, Chavez-Carbajal F, Amezcu-Gastelum JL. Effects of avocado as a source of monounsaturated fatty acids on plasma lipid levels. Arch Med Res. 1992. 23(4):163-7.				Country

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
37 Amba V, Murphy G, Etemadi A, Wang S, Abnet CC, Hashemian M. Nut and Peanut Butter Consumption and Mortality in the National Institutes of Health-AARP Diet and Health Study. <i>Nutrients</i> . 2019. 11(7):. doi:10.3390/nu11071508		X	X	
38 Amundsen . Plant sterol ester-enriched spread lowers plasma total and LDL cholesterol in children with familial hypercholesterolemia. <i>American Journal of Clinical Nutrition</i> . 2002. 76(2):338-344.		X		
39 Andersen CJ, Lee JY, Blessing CN, Carr TP, Fernandez ML. Egg intake during carbohydrate restriction alters peripheral blood mononuclear cell inflammation and cholesterol homeostasis in metabolic syndrome. <i>Nutrients</i> . 2014. 6(7):2650-67. doi:10.3390/nu6072650		X	X	
40 Anderson AD, Anderson MM, Jacobson JL, Popko MR, Young JR, Limburg PJ, Wilson T. Metabolic effects of bedtime pistachio consumption for 6 weeks in overweight persons. <i>FASEB journal</i> . 2013. 27.				Publication Status
41 Anderson-Vasquez HE, Perez-Martinez P, Ortega Fernandez P, Wandell-Berghe C. Impact of the consumption of a rich diet in butter and its replacement for a rich diet in extra virgin olive oil on anthropometric, metabolic and lipid profile in postmenopausal women. <i>Nutr Hosp</i> . 2015. 31(6):2561-70. doi:10.3305/nh.2015.31.6.8732			X	Study Duration
42 Andraski AB, Singh SA, Lee L, Higashi H, Smith N, Aikawa M, Sacks FM. A diet high in carbohydrate and low in fat alters the HDL proteome and metabolism of 9 HDL proteins in humans. <i>Circulation</i> . 2019. 139. doi:10.1161/circ.139.suppl_1.MP41				Publication Status
43 Annuzzi G, Rivelles AA, Wang H, Patti L, Vaccaro O, Riccardi G, Ebbesson SO, Comuzzie AG, Umans JG, Howard BV. Lipoprotein subfractions and dietary intake of n-3 fatty acid: the Genetics of Coronary Artery Disease in Alaska Natives study. <i>Am J Clin Nutr</i> . 2012. 95(6):1315-22. doi:10.3945/ajcn.111.023887	X			

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
44 Arora RC, Agarwal N, Arora S, Garg RK, Kumar N, Lakhtakia S. A comparative study of three different test diets in change in plasma total cholesterol in young healthy individuals. <i>Mater Med Pol.</i> 1991. 23(4):296-8.	X			Age of participants at intervention or exposure
45 Arora RC, Agarwal N, Arora S, Pandey A. Dietary cholesterol induced changes in serum lipoproteins in healthy females. <i>Mater Med Pol.</i> 1992. 24(1):17-9.				Age of participants at intervention or exposure
46 Asadi Z, Shafiee M, Sadabadi F, Heidari-Bakavoli A, Moohebati M, Khorrami MS, Darroudi S, Heidari S, Hoori T, Tayefi M, Mohammadi F, Esmaeily H, Safarian M, Ghayour-Mobarhan M, Ferns GA. Association of dietary patterns and risk of cardiovascular disease events in the MASHAD cohort study. <i>J Hum Nutr Diet.</i> 2019. doi:10.1111/jhn.12669		X		
47 Asemi Z, Samimi M, Tabassi Z, Shakeri H, Sabihi SS, Esmailzadeh A. Effects of DASH diet on lipid profiles and biomarkers of oxidative stress in overweight and obese women with polycystic ovary syndrome: a randomized clinical trial. <i>Nutrition.</i> 2014. 30(11-12):1287-93. doi:10.1016/j.nut.2014.03.008		X		
48 Asghari G, Yuzbashian E, Mirmiran P, Bahadoran Z, Azizi F. Prediction of metabolic syndrome by a high intake of energy-dense nutrient-poor snacks in Iranian children and adolescents. <i>Pediatr Res.</i> 2016. 79(5):697-704. doi:10.1038/pr.2015.270		X		
49 Ashaye A, Gaziano J, Djousse L. Red meat consumption and risk of heart failure in male physicians. <i>Nutr Metab Cardiovasc Dis.</i> 2011. 21(12):941-6. doi:10.1016/j.numecd.2010.03.009		X		
50 Aslibekyan S, Campos H, Baylin A. Biomarkers of dairy intake and the risk of heart disease. <i>Nutr Metab Cardiovasc Dis.</i> 2012. 22(12):1039-45. doi:10.1016/j.numecd.2011.02.003	X	X		

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
51 Assaf-Balut C, Garcia de la Torre N, Duran A, Fuentes M, Bordiu E, Del Valle L, Familiar C, Ortola A, Jimenez I, Herraiz MA, Izquierdo N, Perez N, Torrejon MJ, Ortega MI, Illana FJ, Runkle I, de Miguel MP, Montanez C, Barabash A, Cuesta M, Rubio MA, Calle-Pascual AL. A Mediterranean diet with additional extra virgin olive oil and pistachios reduces the incidence of gestational diabetes mellitus (GDM): A randomized controlled trial: The St. Carlos GDM prevention study. PLoS One. 2017. 12(10):e0185873. doi:10.1371/journal.pone.0185873		X	X	
52 Assaf-Balut C, Garcia de la Torre N, Duran A, Fuentes M, Bordiu E, Del Valle L, Familiar C, Valerio J, Jimenez I, Herraiz MA, Izquierdo N, Torrejon MJ, Cuadrado MA, Ortega I, Illana FJ, Runkle I, de Miguel P, Moraga I, Montanez C, Barabash A, Cuesta M, Rubio MA, Calle-Pascual AL. A Mediterranean diet with an enhanced consumption of extra virgin olive oil and pistachios improves pregnancy outcomes in women without gestational diabetes mellitus: A sub-analysis of the St. Carlos Gestational Diabetes Mellitus Prevention Study. Ann Nutr Metab. 2019. 74(1):69-79. doi:10.1159/000495793		X	X	
53 Astrup A. Yogurt and dairy product consumption to prevent cardiometabolic diseases: Epidemiologic and experimental studies. American Journal of Clinical Nutrition. 2014. 99(5):1235S-1242S. doi:10.3945/ajcn.113.073015	X			
54 Atkins JL, Whincup PH, Morris RW, Lennon LT, Papacosta O, Wannamethee SG. Dietary patterns and the risk of CVD and all-cause mortality in older British men. Br J Nutr. 2016. 116(7):1246-1255. doi:10.1017/s0007114516003147		X		
55 Austel A, Ranke C, Wagner N, Gorge J, Ellrott T. Weight loss with a modified Mediterranean-type diet using fat modification: a randomized controlled trial. Eur J Clin Nutr. 2015. 69(8):878-84. doi:10.1038/ejcn.2015.11		X		
56 Avelino AP, Oliveira GM, Ferreira CC, Luiz RR, Rosa G. Additive effect of linseed oil supplementation on the lipid profiles of older adults. Clin Interv Aging. 2015. 101679-85. doi:10.2147/cia.S75538		X		

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
57 Ayer JG, Harmer JA, Xuan W, Toelle B, Webb K, Almqvist C, Marks GB, Celermajer DS. Dietary supplementation with n-3 polyunsaturated fatty acids in early childhood: effects on blood pressure and arterial structure and function at age 8 y. Am J Clin Nutr. 2009. 90(2):438-46. doi:10.3945/ajcn.2009.27811		X		
58 Aynaci G, Akdemir O. The relationship between lifestyle, health promotion lifestyle profile II and high blood pressure in university students. Open Access Maced J Med Sci. 2018. 6(9):1756-1761. doi:10.3889/oamjms.2018.314	X			
59 Azadbakht L, Izadi V, Ehsani S, Esmaillzadeh A. Effects of the Dietary Approaches to Stop Hypertension (DASH) Eating Plan on the Metabolic Side Effects of Corticosteroid Medications. J Am Coll Nutr. 2016. 35(4):285-90. doi:10.1080/07315724.2014.991459		X		Health Status
60 Azadbakht L, Mirmiran P, Hedayati M, Esmaillzadeh A, Shiva N, Azizi F. Particle size of LDL is affected by the National Cholesterol Education Program (NCEP) step II diet in dyslipidaemic adolescents. Br J Nutr. 2007. 98(1):134-9. doi:10.1017/s0007114507657857				Country
61 Azadi-Yazdi M, Karimi-Zarchi M, Salehi-Abargouei A, Fallahzadeh H, Nadjarzadeh A. Effects of Dietary Approach to Stop Hypertension diet on androgens, antioxidant status and body composition in overweight and obese women with polycystic ovary syndrome: a randomised controlled trial. J Hum Nutr Diet. 2017. 30(3):275-283. doi:10.1111/jhn.12433		X		
62 Babio N, Becerra-Tomas N, Martinez-Gonzalez MA, Corella D, Estruch R, Ros E, Sayon-Orea C, Fito M, Serra-Majem L, Aros F, Lamuela-Raventos RM, Lapetra J, Gomez-Gracia E, Fiol M, Diaz-Lopez A, Sorli JV, Martinez JA, Salas-Salvado J. Consumption of yogurt, low-fat milk, and other low-fat dairy products is associated with lower risk of metabolic syndrome incidence in an elderly Mediterranean population. J Nutr. 2015. 145(10):2308-16. doi:10.3945/jn.115.214593		X		

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
63 Babio N, Toledo E, Estruch R, Ros E, Martinez-Gonzalez MA, Castaner O, Bullo M, Corella D, Aros F, Gomez-Gracia E, Ruiz-Gutierrez V, Fiol M, Lapetra J, Lamuela-Raventos RM, Serra-Majem L, Pinto X, Basora J, Sorli JV, Salas-Salvado J. Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. Cmaj. 2014. 186(17):E649-57. doi:10.1503/cmaj.140764		X		
64 Baer DJ, Henderson T, Gebauer SK. High oleic soybean oil improves cardiometabolic health in adults. FASEB journal. 2017. 31(1):.				Publication Status
65 Bagge CN, Strandhave C, Skov CM, Svensson M, Schmidt EB, Christensen JH. Marine n-3 polyunsaturated fatty acids affect the blood pressure control in patients with newly diagnosed hypertension - a 1-year follow-up study. Nutr Res. 2017. 3871-78. doi:10.1016/j.nutres.2017.02.009				Health Status
66 Baik I, Abbott RD, Curb JD, Shin C. Intake of fish and n-3 fatty acids and future risk of metabolic syndrome. J Am Diet Assoc. 2010. 110(7):1018-26. doi:10.1016/j.jada.2010.04.013		X		
67 Baila-Rueda L, Mateo-Gallego R, Perez-Calahorra S, Lamiquiz-Moneo I, de Castro-Oros I, Cenarro A, Civeira F. Effect of different fat-enriched meats on non-cholesterol sterols and oxysterols as markers of cholesterol metabolism: Results of a randomized and cross-over clinical trial. Nutr Metab Cardiovasc Dis. 2015. 25(9):853-9. doi:10.1016/j.numecd.2015.06.008		X		Study Duration
68 Balk E, Chung M, Lichtenstein A, Chew P, Kupelnick B, Lawrence A, DeVine D, Lau J. Effects of omega-3 fatty acids on cardiovascular risk factors and intermediate markers of cardiovascular disease. Evidence report/technology assessment (summary). 2004. (93):1-6.	X			Publication Status
69 Ballesteros MN, Cabrera RM, Del Socorro Saucedo M, Aggarwal D, Shachter NS, Fernandez ML. High intake of saturated fat and early occurrence of specific biomarkers may explain the prevalence of chronic disease in northern Mexico. Journal of Nutrition. 2005. 135(1):70-73.				Publication Status

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
70 Bamberger C, Rossmeier A, Lechner K, Wu L, Waldmann E, Stark RG, Altenhofer J, Henze K, Parhofer KG. A Walnut-Enriched Diet Reduces Lipids in Healthy Caucasian SubjectsIndependent of Recommended Macronutrient Replacement and Time Point of Consumption: a ProspectiveRandomizedControlled Trial. <i>Nutrients.</i> 2017. 9(10):. doi:10.3390/nu9101097		X		
71 Barbour JA, Howe PRC, Buckley JD, Bryan J, Coates AM. Cerebrovascular and cognitive benefits of high-oleic peanut consumption in healthy overweight middle-aged adults. <i>Nutr Neurosci.</i> 2017. 20(10):555-562. doi:10.1080/1028415x.2016.1204744		X	X	
72 Baril-Gravel L, Labonte ME, Couture P, Vohl MC, Charest A, Guay V, Jenkins DA, Connelly PW, West S, Kris-Etherton PM, Jones PJ, Fleming JA, Lamarche B. Docosahexaenoic acid-enriched canola oil increases adiponectin concentrations: a randomized crossover controlled intervention trial. <i>Nutr Metab Cardiovasc Dis.</i> 2015. 25(1):52-9. doi:10.1016/j.numecd.2014.08.003			X	
73 Barrubés L, Babio N, Mena-Sánchez G, Toledo E, Ramirez-Sabio JB, Estruch R, Ros E, Fito M, Aros F, Fiol M, Santos-Lozano JM, Serra-Majem L, Pinto X, Martínez-González MA, Sorli JV, Basora J, Salas-Salvado J. Dairy product consumption and risk of colorectal cancer in an older mediterranean population at high cardiovascular risk. <i>Int J Cancer.</i> 2018. 143(6):1356-1366. doi:10.1002/ijc.31540			X	
74 Bas M, Altan T, Dincer D, Aran E, Kaya HG, Yuksek O. Determination of dietary habits as a risk factor of cardiovascular heart disease in Turkish adolescents. <i>Eur J Nutr.</i> 2005. 44(3):174-82. doi:10.1007/s00394-004-0509-8	X		X	
75 Bass JA, Moore TA, Stewart KJ. Coronary heart disease risk factors in children and adolescents. <i>Preventive Cardiology.</i> 1999. 2(1):8-12+22.	X			

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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77	Bazzano LA, Reynolds K, Hu T, Yao L, Bunol C, Liu Y, Chen CS, He J. Effect of a low-carbohydrate diet on weight and cardiovascular risk factors: a randomized controlled trial. Circulation. 2012. 125(10):.			Publication Status
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79	Bekkouche L, Bouchenak M, Malaisse WJ, Yahia DA. The mediterranean diet adoption improves metabolic oxidative and inflammatory abnormalities in algerian metabolic syndrome patients. Hormone and Metabolic Research. 2014. 46(4):274-282. doi:10.1055/s-0033-1363657		X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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83	Bento AP, Cominetti C, Simoes Filho A, Naves MM. Baru almond improves lipid profile in mildly hypercholesterolemic subjects: a randomized, controlled crossover study. <i>Nutr Metab Cardiovasc Dis.</i> 2014. 24(12):1330-6. doi:10.1016/j.numecd.2014.07.002		X	Health Status
84	Berard E, Bongard V, Haas B, Dallongeville J, Moitry M, Cottel D, Ruidavets JB, Ferrieres J. Score of adherence to 2016 European cardiovascular prevention guidelines is an independent determinant of cardiovascular and all-cause mortality in a French general population. <i>European heart journal.</i> 2017. 381064-. doi:10.1093/eurheartj/ehx502.P5139			Publication Status
85	Berge K, Musa-Veloso K, Harwood M, Hoem N, Burri L. Krill oil supplementation lowers serum triglycerides without increasing low-density lipoprotein cholesterol in adults with borderline high or high triglyceride levels. <i>Nutr Res.</i> 2014. 34(2):126-33. doi:10.1016/j.nutres.2013.12.003		X	
86	Berglund L, Oliver EH, Fontanez N, Holleran S, Matthews K, Roheim PS, Ginsberg HN, Ramakrishnan R, Lefevre M. HDL-subpopulation patterns in response to reductions in dietary total and saturated fat intakes in healthy subjects. <i>Am J Clin Nutr.</i> 1999. 70(6):992-1000. doi:10.1093/ajcn/70.6.992			Age of participants at intervention or exposure
87	Bermejo LM, Rodriguez-Duran D, Lopez-Plaza B, Zurita-Rosa L, Palma-Milla S, Weber TK, Gomez-Candela C. Effects of a functional light cheese naturally enriched with CLA and omega-3 improving blood lipid profile in overweight and obese people treatment. <i>Clinical nutrition supplement.</i> 2012. 7(1):219. doi:10.1016/S1744-1161%2812%2970543-4			Publication Status

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
88	Bernic D, Brassard D, Droit A, Roux-Dalvai F, Tessier-Grenier M, Rajendiran E, She Y, Ramprasath V, Gigleux I, Levy E, et al. Comparing the impact of saturated fatty acids from different dairy sources on the proteome of high density lipoproteins. <i>FASEB journal</i> . 2017. 31(1):.			Publication Status
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91	Berryman CE, West SG, Fleming JA, Bordi PL, Kris-Etherton PM. Effects of daily almond consumption on cardiometabolic risk and abdominal adiposity in healthy adults with elevated LDL-cholesterol: a randomized controlled trial. <i>J Am Heart Assoc</i> . 2015. 4(1):e000993. doi:10.1161/jaha.114.000993	X		Health Status
92	Beydoun MA, Fanelli-Kuczmarski MT, Beydoun HA, Dore GA, Canas JA, Evans MK, Zonderman AB. Dairy product consumption and its association with metabolic disturbance in a prospective study of urban adults. <i>Br J Nutr</i> . 2018. 119(6):706-719. doi:10.1017/s0007114518000028	X		
93	Bhardwaj R, Dod H, Sandhu MS, Bedi R, Dod S, Konat G, Chopra HK, Sharma R, Jain AC, Nanda N. Acute effects of diets rich in almonds and walnuts on endothelial function. <i>Indian Heart J</i> . 2018. 70(4):497-501. doi:10.1016/j.ihj.2018.01.030			Study Duration
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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97	Bihuniak JD, Ramos A, Huedo-Medina T, Hutchins-Wiese H, Kerstetter JE, Kenny AM. Adherence to a Mediterranean-Style Diet and Its Influence on Cardiovascular Risk Factors in Postmenopausal Women. J Acad Nutr Diet. 2016. 116(11):1767-1775. doi:10.1016/j.jand.2016.06.377		X	
98	Bjerregaard P, Pedersen HS, Mulvad G. The associations of a marine diet with plasma lipidsblood glucoseblood pressure and obesity among the inuit in Greenland. Eur J Clin Nutr. 2000. 54(9):732-7.		X	Age of participants at intervention or exposure
99	Bjerregaard P. The association of n-3 fatty acids with serum High Density Cholesterol (HDL) is modulated by sex but not by Inuit ancestry. Atherosclerosis. 2013. 226(1):281-5. doi:10.1016/j.atherosclerosis.2012.10.071	X	X	
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101	Bjornshave A, Holst JJ, Hermansen K. A pre-meal of whey proteins induces differential effects on glucose and lipid metabolism in subjects with the metabolic syndrome: a randomised cross-over trial. Eur J Nutr. 2019. 58(2):755-764. doi:10.1007/s00394-018-1684-3		X	X
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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104 Bobes J, Arango C, Garcia-Garcia M, Rejas J. Healthy lifestyle habits and 10-year cardiovascular risk in schizophrenia spectrum disorders: an analysis of the impact of smoking tobacco in the CLAMORS schizophrenia cohort. <i>Schizophr Res.</i> 2010. 119(1-3):101-9. doi:10.1016/j.schres.2010.02.1030	X			Health Status
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
108	Bonaccio M, Di Castelnuovo A, Pounis G, Costanzo S, Persichillo M, Cerletti C, Donati MB, de Gaetano G, Iacoviello L. High adherence to the Mediterranean diet is associated with cardiovascular protection in higher but not in lower socioeconomic groups: prospective findings from the Moli-sani study. <i>Int J Epidemiol.</i> 2017. 46(5):1478-1487. doi:10.1093/ije/dyx145		X	
109	Bonaccio M, Ruggiero E, Di Castelnuovo A, Costanzo S, Persichillo M, De Curtis A, Cerletti C, Donati MB, de Gaetano G, Iacoviello L. Fish intake is associated with lower cardiovascular risk in a Mediterranean population: Prospective results from the Moli-sani study. <i>Nutr Metab Cardiovasc Dis.</i> 2017. 27(10):865-873. doi:10.1016/j.numecd.2017.08.004		X	
110	Bonafini S, Tagetti A, Gaudino R, Cavarzere P, Montagnana M, Danese E, Benati M, Ramaroli DA, Raimondi S, Giontella A, Mantovani A, Donato A, Dalbeni A, Minuz P, Antoniazzi F, Maffeis C, Fava C. Individual fatty acids in erythrocyte membranes are associated with several features of the metabolic syndrome in obese children. <i>Eur J Nutr.</i> 2019. 58(2):731-742. doi:10.1007/s00394-018-1677-2	X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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124 Bozzetto L, Annuzzi G, Pacini G, Costabile G, Vetrani C, Vitale M, Griffi E, Giacco A, De Natale C, Cocozza S, Della Pepa G, Tura A, Riccardi G, Rivellese AA. Polyphenol-rich diets improve glucose metabolism in people at high cardiometabolic risk: a controlled randomised intervention trial. <i>Diabetologia.</i> 2015; 58(7):1551-60. doi:10.1007/s00125-015-3592-x			X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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131	Bruno R, Petrella E, Bertarini V, Pedrielli G, Neri I, Facchinetto F. Adherence to a lifestyle programme in overweight/obese pregnant women and effect on gestational diabetes mellitus: a randomized controlled trial. <i>Matern Child Nutr.</i> 2017; 13(3):. doi:10.1111/mcn.12333	X		
132	Bruun S, van Rossem L, Lauritzen L, Husby S, Neergaard Jacobsen L, Michaelsen KF, Boysen Sandberg M, Stark KD, Sorensen J, Zachariassen G. Content of n-3 LC-PUFA in breast milk four months postpartum is associated with infancy blood pressure in boys and infancy blood lipid profile in girls. <i>Nutrients.</i> 2019; 11(2):. doi:10.3390/nu11020235	X		

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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142 Camargo A, Rangel-Zuniga OA, Alcala-Diaz J, Gomez-Delgado F, Delgado-Lista J, Garcia-Carpintero S, Marin C, Almaden Y, Yubero-Serrano EM, Lopez-Moreno J, Tinahones FJ, Perez-Martinez P, Roche HM, Lopez-Miranda J. Dietary fat may modulate adipose tissue homeostasis through the processes of autophagy and apoptosis. <i>Eur J Nutr.</i> 2017. 56(4):1621-1628. doi:10.1007/s00394-016-1208-y		X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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149 Casas R, Sacanella E, Urpi-Sarda M, Chiva-Blanch G, Ros E, Martinez-Gonzalez MA, Covas MI, Salas-Salvado J, Fiol M, Aros F, Estruch R. The effects of the mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial. <i>PLoS One.</i> 2014. 9(6):e100084. doi:10.1371/journal.pone.0100084		X		
150 Casas R, Sacanella E, Urpi-Sarda M, Corella D, Castaner O, Lamuela-Raventos RM, Salas-Salvado J, Martinez-Gonzalez MA, Ros E, Estruch R. Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvencion con Dleta MEDiterranea (PREDIMED) Randomized Controlled Trial. <i>J Nutr.</i> 2016. 146(9):1684-93. doi:10.3945/jn.115.229476		X		Health Status

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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172 Chiu S, Krauss RM. The effects of high saturated fat intake on LDL and HDL subclasses in individuals with atherogenic dyslipidemia. <i>Circulation.</i> 2012; 125(10 SUPPL. 1):.				Publication Status
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175 Chiva-Blanch G, Laake K, Myhre P, Bratseth V, Arnesen H, Solheim S, Badimon L, Seljeflot I. High adherence to the nordic diet is associated with lower levels of total and platelet-derived circulating microvesicles in a norwegian population. <i>Nutrients.</i> 2019; 11(5):. doi:10.3390/nu11051114	X	X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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190 Cruz ML, Wong WW, Mimouni F, Hachey DL, Setchell KD, Klein PD, Tsang RC. Effects of infant nutrition on cholesterol synthesis rates. <i>Pediatr Res.</i> 1994; 35(2):135-40. doi:10.1203/00006450-199402000-00001		X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
202 Damsgaard CT, Lauritzen L, Hauger H, Vuholm S, Teisen MN, Ritz C, Hansen M, Niclasen J, Molgaard C. Effects of oily fish intake on cardiovascular risk markerscognitive functionand behavior in school-aged children: study protocol for a randomized controlled trial. <i>Trials.</i> 2016. 17(1):510. doi:10.1186/s13063-016-1647-z	X	X	X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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210 Davison KM, Kaplan BJ. Food intake and blood cholesterol levels of community-based adults with mood disorders. BMC Psychiatry. 2012. 1210. doi:10.1186/1471-244x-12-10	X			Health Status
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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295 Farris M, Arranz S, Carrion S, Subirana I, Munoz-Aguayo D, Blanchart G, Kool M, Sola R, Motilva MJ, Escola-Gil JC, Rubio L, Fernandez-Castillejo S, Pedret A, Estruch R, Covas MI, Fito M, Hernaez A, Castaner O. A Functional Virgin Olive Oil Enriched with Olive Oil and Thyme Phenolic Compounds Improves the Expression of Cholesterol Efflux-Related Genes: A randomized, crossover, controlled trial. <i>Nutrients.</i> 2019. 11(8):. doi:10.3390/nu11081732		X	X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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300 Fazeli Moghadam E, Tadevosyan A, Fallahi E, Goodarzi R. Nutritional factors and metabolic variables in relation to the risk of coronary heart disease: A case control study in Armenian adults. <i>Diabetes Metab Syndr.</i> 2017. 11(1):7-11. doi:10.1016/j.dsx.2016.06.013	X			
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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307	Fito M, Estruch R, Salas-Salvado J, Martinez-Gonzalez MA, Aros F, Vila J, Corella D, Diaz O, Saez G, de la Torre R, Mitjavila MT, Munoz MA, Lamuela-Raventos RM, Ruiz-Gutierrez V, Fiol M, Gomez-Gracia E, Lapetra J, Ros E, Serra-Majem L, Covas MI. Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. Eur J Heart Fail. 2014. 16(5):543-50. doi:10.1002/ejhf.61	X	X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
334	Garcia-Rios A, Alcala-Diaz JF, Gomez-Delgado F, Delgado-Lista J, Marin C, Leon-Acuna A, Camargo A, Rodriguez-Cantalejo F, Blanco-Rojo R, Quintana-Navarro G, Ordovas JM, Perez-Jimenez F, Lopez-Miranda J, Perez-Martinez P. Beneficial effect of CETP gene polymorphism in combination with a Mediterranean diet influencing lipid metabolism in metabolic syndrome patients: CORDIOPREV study. Clin Nutr. 2018. 37(1):229-234. doi:10.1016/j.clnu.2016.12.011	X		Health Status
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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348 Gomez-Delgado F, Alcala-Diaz JF, Garcia-Rios A, Delgado-Lista J, Ortiz-Morales A, Rangel-Zuniga O, Tinahones FJ, Gonzalez-Guardia L, Malagon MM, Bellido-Munoz E, Ordovas JM, Perez-Jimenez F, Lopez-Miranda J, Perez-Martinez P. Polymorphism at the TNF-alpha gene interacts with Mediterranean diet to influence triglyceride metabolism and inflammation status in metabolic syndrome patients: From the CORDIOPREV clinical trial. <i>Mol Nutr Food Res.</i> 2014; 58(7):1519-27. doi:10.1002/mnfr.201300723		X		Health Status

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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350	Gonciulea AR, Sellmeyer D. The effect of dietary protein source on serum lipids. Endocrine reviews. 2015; 36.			Publication Status
351	Gonzalez-Requejo A, Sanchez-Bayle M, Baeza J, Arnaiz P, Vila S, Asensio J, Ruiz-Jarabo C. Relations between nutrient intake and serum lipid and apolipoprotein levels. J Pediatr. 1995; 127(1):53-7. doi:10.1016/s0022-3476(95)70256-3	X		
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353	Gorczyca D, Pasciak M, Szponar B, Gamian A, Jankowski A. An impact of the diet on serum fatty acid and lipid profiles in Polish vegetarian children and children with allergy. Eur J Clin Nutr. 2011; 65(2):191-5. doi:10.1038/ejcn.2010.231	X	X	
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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363 Griffith KA, Royak-Schaler R, Nesbitt K, Zhan M, Kozlovsky A, Hurley K, Pelser C, Tkaczuk KH, Ryan AS. A culturally specific dietary plan to manage weight gain among African American breast cancer survivors: a feasibility study. <i>Nutr Health.</i> 2012; 21(2):97-105. doi:10.1177/0260106012459938			X	
364 Grimaldi M, Ciano O, Manzo M, Rispoli M, Guglielmi M, Limardi A, Calatola P, Lucibello M, Pardo S, Capaldo B, Riccardi G. Intensive dietary intervention promoting the Mediterranean diet in people with high cardiometabolic risk: a non-randomized study. <i>Acta Diabetol.</i> 2018; 55(3):219-226. doi:10.1007/s00592-017-1078-7			X	
365 Gross G, Stepaniak U, Micek A, Topor-Madry R, Stefler D, Szafraniec K, Bobak M, Pajak A. A Mediterranean-type diet is associated with better metabolic profile in urban Polish adults: Results from the HAPIEE study. <i>Metabolism.</i> 2015; 64(6):738-46. doi:10.1016/j.metabol.2015.02.007	X			
366 Grygiel-Górniak B, Kaczmarek E, Mosor M, Przysławski J, Nowak J. The gene-diet associations in postmenopausal women with newly diagnosed dyslipidemia. <i>Journal of NutritionHealth and Aging.</i> 2017; 21(9):1031-1037. doi:10.1007/s12603-017-0877-4	X		X	
367 Grytten E, Laupsa Borge J, Dankel S, Strand E, Berge R, Mellgren G, Nagard O, Bjørndal B, Nordrehaug J, Rostrup E. Effects of omega-3 and omega-6 fatty acids on lipids and apolipoproteins, glycemic response and endothelial function: a randomized double-blind crossover trial. <i>Obesity facts.</i> 2019; 12260-. doi:10.1159/000489691				Publication Status

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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375 Guillaume M, Lapidus L, Lambert A. Differences in associations of familial and nutritional factors with serum lipids between boys and girls: The luxembourg child study. American Journal of Clinical Nutrition. 2000. 72(2):384-388.	X			
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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429 Hiraoka-Yamamoto J, Ikeda K, Negishi H, Mori M, Hirose A, Sawada S, Onobayashi Y, Kitamori K, Kitano S, Tashiro M, Miki T, Yamori Y. Serum lipid effects of a monounsaturated (palmitoleic) fatty acid-rich diet based on macadamia nuts in healthy, young Japanese women. <i>Clinical and Experimental Pharmacology and Physiology.</i> 2013; 31. doi:10.1111/j.1440-1681.2004.04121.x				Study Duration
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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434 Hlebowicz J, Persson M, Gullberg B, Sonestedt E, Wallström P, Drake I, Nilsson J, Hedblad B, Wärffel E. Food patternsinflammation markers and incidence of cardiovascular disease: the Malmö Diet and Cancer study. <i>J Intern Med</i> . 2011. 270(4):365-76. doi:10.1111/j.1365-2796.2011.02382.x		X		
435 Hlebowicz J, Persson M, Gullberg B, Sonestedt E, Wallström P, Drake I, Nilsson J, Hedblad B, Wärffel E. Food patternsinflammation markers and incidence of cardiovascular disease: The Malmö Diet and Cancer study. <i>Journal of Internal Medicine</i> . 2011. 270(4):365-376. doi:10.1111/j.1365-2796.2011.02382.x	X	X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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498	Karatz K, Stamatelopoulos K, Lykka M, Mantzouratou P, Skalidi S, Zakopoulos N, Papamichael C, Sidossis LS. Sesame oil consumption exerts a beneficial effect on endothelial function in hypertensive men. <i>Eur J Prev Cardiol.</i> 2013; 20(2):202-8. doi:10.1177/2047487312437625		X	Health Status
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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516 Kim KY, Park JS. Impact of fish consumption by subjects with prediabetes on the metabolic risk factors: using data in the 2015 (6th) Korea National Health and Nutrition Examination Surveys. <i>Nutr Res Pract</i> . 2018. 12(3):233-242. doi:10.4162/nrp.2018.12.3.233	X			
517 Kim M, Chae JS, Kim M, Lee SH, Lee JH. Effects of a 3-year dietary intervention on age-related changes in triglyceride and apolipoprotein A-V levels in patients with impaired fasting glucose or new-onset type 2 diabetes as a function of the APOA5 -1131 T > C polymorphism. <i>Nutr J</i> . 2014. 13:40. doi:10.1186/1475-2891-13-40	X	X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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655 Martinez-Gonzalez MA, Zazpe I, Razquin C, Sanchez-Tainta A, Corella D, Salas-Salvado J, Toledo E, Ros E, Munoz MA, Recondo J, Gomez-Gracia E, Fiol M, Lapetra J, Buil-Cosiales P, Serra-Majem L, Pinto X, Schroder H, Tur JA, Sorli JV, Lamuela-Raventos RM, Estruch R. Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. Clin Nutr. 2015; 34(5):859-67. doi:10.1016/j.clnu.2014.09.006		X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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670 Mazza E, Ferro Y, Lamprinoudi T, Gazzaruso C, Doldo P, Pujia A, Montalcini T. Relationship between high sodium and low PUFA intake and carotid atherosclerosis in elderly women. Exp Gerontol. 2018. 108256-261. doi:10.1016/j.exger.2018.05.004	X			

Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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1048 Wanders AJ, Brouwer IA, Siebelink E, Katan MB. Effect of a high intake of conjugated linoleic acid on lipoprotein levels in healthy human subjects. PLoS One. 2010. 5(2):e9000. doi:10.1371/journal.pone.0009000		X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
1088 Yu E, Ruiz-Canela M, Guasch-Ferre M, Zheng Y, Toledo E, Clish CB, Salas-Salvado J, Liang L, Wang DD, Corella D, Fito M, Gomez-Gracia E, Lapetra J, Estruch R, Ros E, Cofan M, Aros F, Romaguera D, Serra-Majem L, Sorli JV, Hu FB, Martinez-Gonzalez MA. Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevencion con Dieta Mediterranea (PREDIMED) Study. <i>J Nutr.</i> 2017; 147(3):314-322. doi:10.3945/jn.116.241711		X		
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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Reference	Study Design	Intervention/ Exposure or Comparator	Outcome	Other
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